

BALANCED SNACKS & PROTEIN

Eat a variety of nutritious snacks to maintain energy.

To stay energized, most people need snacks. A few hours after a meal, your stomach empties and your blood sugar drops. So plan for nutritious snacks between meals to stabilize blood sugar.



Combine a carbohydrate with a protein and/or fat:

- Yogurt/kefir with granola or bran cereal
- Rice cake with mashed avocado
- Toast with peanut butter and fruit or jelly
- Tortilla chips with guacamole and salsa
- Fruit with string cheese
- Hummus plus veggies and pita chips
- Nuts with dried fruit

Powerful Protein

The protein you eat builds muscles and bones. And repairs tissues. You need it. It also may lower your risk for high blood pressure and diabetes. Do you think protein = meat? Well, Yes! But meat is not the only thing. Eggs, beans, lentils, nuts, cottage cheese, Greek yogurt, milk, seafood, peanut butter and soy products all contain protein.

Include heart-healthy protein in your overall balanced meal plan. Try some non-meat protein. Plants are loaded with protein, vitamins, minerals and fiber.

SOURCE:

Personify Health Journeys:

“Eat for Health” & “Eat for Energy”

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